



MANDELA DAY

18 JULY 2021

This Mandela Day, SADAG is asking you to help make Mental Health Matter during these very difficult times. The number of calls to SADAG's Helplines during the pandemic have increased constantly, with more and more people every day reaching out for help.

South Africans are hoping for an end to the violence, looting and intimidation that has rocked the country over the past few days, leaving many scared, anxious, panicked and alone.

Make your contribution towards Mental Health

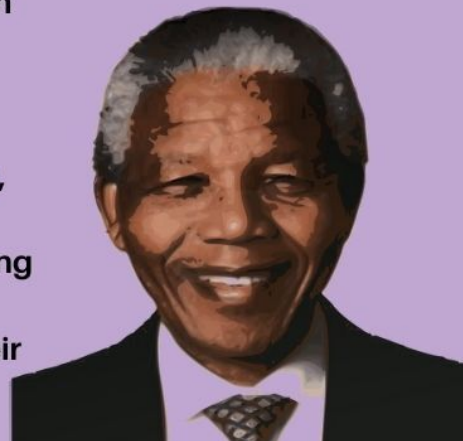
R67 will pay for 14 keyrings with the SADAG Suicide Helpline number, to be given to students, so they know who to call for help.

R100 pays for the call costs for five calls to their Toll Free Crisis Helpline.

R167 will pay for a Teen Suicide Prevention Speaking Book that can reach over 100 youths.

R1 670 helps train 25 Community Members in rural areas in Gauteng, Limpopo or Mpumalanga on depression, treating trauma, starting support groups and learning how SADAG can further help in their community.

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We are urging all South Africans to support us by donating to the Suicide Crisis Helpline so those who need Mental Health Support and Crisis intervention can easily access.

SADAG's counsellors are inundated as helpline calls grow as many South African's are struggling to cope with not only Covid19 but also the effects of the latest looting riots.

We need your help so we can continue to save lives and give callers the support they need during these difficult times.

The Suicide Call Centres lines cost around R140 000 a month alone. Please help by donating your special R67 or R10 or R50 or R100 towards our Suicide Crisis Helplines.

Pay it Forward - encourage your friends, family, loved ones, colleagues and next door neighbours to support SADAG for Mandela Day. Ask them to pledge their #MandelaDay to SADAG's Suicide Crisis Helplines by making any donation - big or small - to help us continue helping people across the country. All our calls are toll free!

Click the button below to donate online - it takes less than 67 seconds to help save a life!

[Donate Here](#)

Chat online with a counsellor 7 days a week from 9am - 4pm via the Cipla **Whatsapp Chat Line 076 882 2775. SMS 31393 or 32312** and a counsellor will call you back – available 7 days a week, 24 hours a day.

SADAG Helplines providing free telephonic counselling, information, referrals and resources 7 days a week, 24 hours a day – **call 0800 21 22 23, 0800 70 80 90 or 0800 456 789 or the Suicide Helpline 0800 567 567.**

**Sincerely,
Zane Wilson
Founder
zane@sadag.org**

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